

## The Grind

$\text{♩} = 110$

13

14

*mf*

22

*f* *mf* *f* *p* *f*

33

38

*f* *ff*

46

*mf* 3 3 *ff* *mf*

54

*ff* 2

64

*f* *mp*

69

2 *mp* *ff*

79

4 *mf* *ff* *fff*

88

7